

## My Breastfeeding Resources

Type of Resource	When to Use this Resource	Specialist/ Organization Name	General Contact Information/ Information about the Resource	Fill in your Local Contact Information (e.g. Phone Number)
<b>Professional Breastfeeding Help</b>	When you need help breastfeeding, have problems with latching on, feel pain, have questions about drug safety, etc.	WIC lactation expert (also called a lactation consultant)	Your local WIC site may have FREE lactation experts.  To find the closest WIC, call 1-888-942-9675 or visit <a href="http://www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp">www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp</a>	
		Other lactation experts (hospital, private)	To find a lactation expert nearby, visit <a href="http://www.ilca.org/i4a/pages/index.cfm?pageid=3337">www.ilca.org/i4a/pages/index.cfm?pageid=3337</a>	
<b>Medical Help</b>	For emergency situations	Emergency Room/ER	Call 9-11.	Call 9-11.
	If you have medical or health concerns for you or your baby.	Primary health care provider (doctor or clinic) for mother or baby	Call your health care provider or your baby's health care provider.	
<b>Nutrition Help</b>	If you have questions or concerns about your diet, weight, or food intake while breastfeeding.	Registered Dietitian	Call your health care provider or your local WIC agency.  To find the closest WIC, call 1-888-942-9675 or visit <a href="http://www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp">www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp</a>	
<b>Community Breastfeeding Support</b>	When you would like breastfeeding support or to talk about breastfeeding and taking care of babies with professionals and experienced mothers.	La Leche League groups	To find a local La Leche League, visit <a href="http://www.llli.org/Web/California.html">www.llli.org/Web/California.html</a>	
		WIC peer counseling is offered in some counties	Call your local WIC agency.  To find the closest WIC, call 1-888-942-9675 or visit <a href="http://www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp">www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp</a>	

		Other local support groups	Find support groups in your county at <a href="http://www.californiabreastfeeding.org">www.californiabreastfeeding.org</a> .	
<b>Helplines/ Warmlines</b>	For answers to basic breastfeeding questions.  Note: Lines may be temporarily closed or may not be able to provide a response immediately.	National Breastfeeding toll-free helpline	<ul style="list-style-type: none"> <li>• Call 1-800-994-9662</li> <li>• TDD for the hearing-impaired is 1-888-220-5446</li> <li>• Available in English and Spanish M-F 9am-6pm EST</li> </ul>	
		La Leche League 24-hour toll-free warmline	Call 1-877-4-LALECHE (1-877-452-5324)	
<b>Milk Banks</b>	To donate or get breast milk (this is a Medi-Cal benefit that requires a doctor's prescription).	Mother's Milk Bank of California	For information: <ul style="list-style-type: none"> <li>• Visit <a href="http://www.sanjosemilkbank.com">www.sanjosemilkbank.com</a></li> <li>• Call 1-408-998-4550</li> <li>• Email <a href="mailto:MothersMilkBank@hhs.co.santa-clara.ca.us">MothersMilkBank@hhs.co.santa-clara.ca.us</a></li> </ul>	
<b>Breastfeeding Pumps/Supplies</b>	To purchase or rent a breast pump.	Local WIC agency	Call your local WIC agency.  To find the closest WIC, call 1-888-942-9675 or visit <a href="http://www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp">www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp</a>	
		Hospital rental		
		Private rental		
		Local Breastfeeding Coalition	Visit <a href="http://www.californiabreastfeeding.org/memberscounty.html">www.californiabreastfeeding.org/memberscounty.html</a>	
<b>Other</b>	For breastfeeding information, tips, and handouts.	California Department of Public Health	Visit <a href="http://cdph.ca.gov/breastfeeding">http://cdph.ca.gov/breastfeeding</a>	
		California Women, Infants, and Children (WIC)	Visit <a href="http://www.cdph.ca.gov/programs/wicworks/Pages/BreastfeedingResourcesforMoms.aspx">www.cdph.ca.gov/programs/wicworks/Pages/BreastfeedingResourcesforMoms.aspx</a> .	
		Federal Office on Women's Health	Visit <a href="http://womenshealth.gov/breastfeeding">http://womenshealth.gov/breastfeeding</a>	